

GUIDANCE GROUPS

Small Group Counseling Themes

Pickle Pals: Students share and learn ways to make and keep friends. They role play ways to be with others and how to solve everyday problems like taking turns sharing, and joining activities with others. This is essentially a guided play group to help develop positive social behaviors. It is sometimes called “Kinder Pals”.

Changing and Rearranging: Students share with and learn from others how to cope with changes in your family. Includes coming to a new school, adjusting to a divorce that has the child going between two or more households. A second type of group would be to help children grieve and adjust to the changes in a family brought on by the death of a family member.

Study Stars: For those who are “in the know” (or want to know) more ways to make learning easier and fun. They learn to use strengths such as humor, dramatization, and artistic abilities to get ahead and keep ahead on school work.

A is for Able: Share and learn ways to be **able** to cope with alcoholism and other drug abuse in the child’s immediate family or community settings.

Cool Cats: Chester the cartoon cat teaches about “being cool”. He’ll help kids learn ways to handle angry feelings. For grades k-2.

GIRL POWER: For girls in upper grades who wish to be assertive but friendly. They learn through shared discussions and problem solving activities how to be effective group members and leaders.

Boys take AIM: Take “aim” at anger and/or anxiety. A.I.M. stands for “Anger/anxiety Is Manageable”. Kids learn how to cope with a tendency to be anxious or uncomfortable with their anger.

AIM for 2: girls can take this too!

Participation in any group is voluntary and will require the written permission of the parents. Groups will run in 40 minute blocks of time, once a week for six weeks. The Guidance counselor will consult with the teacher for a schedule of meeting times. Group members will not miss any essential academic work while participating.

Sign –up Guidance Groups

Are you interested in one or more groups?

Write your name on the one you like

If more than one, number please

Pickle Pals

Teacher: _____

Changes and Rearranges:

Study Stars:

A is for Able to resist cope with alcoholism:

Girl Power:

AIM (anger/anxiety is manageable):
